

WINTER SAFETY



IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY!

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. **KNOW YOUR WINTER WEATHER TERMS:**

WINTER STORM WARNING

- Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.



WINTER STORM WATCH

- Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12 to 48 hours before the beginning of a Winter Storm.



WINTER WEATHER ADVISORY

- Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences, and if caution is not exercised, could lead to life-threatening situations.



HOW TO PROTECT YOURSELF FROM WINTER WEATHER:

KNOW YOUR RISK FOR WINTER STORMS

- Pay attention to weather reports and warnings of freezing weather and winter storms.
- Listen for emergency information and alerts.
- Sign up for your community's warning system. The Emergency Alert System and National Oceanic and Atmospheric Administration Weather Radio also provide emergency alerts.



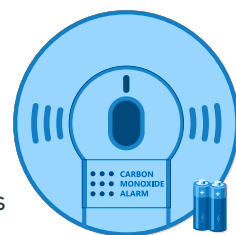
IN CASE OF EMERGENCY

- Be prepared for winter weather at home, at work, and in your car.
- Create an emergency supply kit for your vehicle. Include jumper cables, sand, a flashlight, warm clothes, blankets, non-perishable snacks, and bottled water.
- Keep a full tank of gas.



PREPARING FOR WINTER WEATHER

- Prepare your home to keep out the cold with insulation, caulking, and weather stripping.
- Learn how to keep pipes from freezing.
- Install and test smoke alarms and carbon monoxide detectors with battery backups.
- Gather supplies you would need to stay home for several days without power. Keep in mind each person's specific needs, including medication.
- Remember the needs of your pets.
- Have extra batteries for radios and flashlights.
- If you cannot afford your heating costs, weatherization, or energy-related home repairs, contact the Low Income Home Energy Assistance Program for help.



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WINTER STORMS, INCLUDING BLIZZARDS, CAN BRING EXTREME COLD, FREEZING RAIN, SNOW, ICE, AND HIGH WINDS.

STAYING SAFE DURING A WINTER WEATHER THREAT:

AVOID CARBON MONOXIDE POISONING

- Only use generators and grills outdoors and away from windows.
- Never heat your home with a gas stovetop or oven.



STAY OFF ROADS IF POSSIBLE

- If you must drive "Don't Crowd the Plow!"
- Ice and snow; take it slow—slower speed, acceleration, steering, and braking.
- If trapped in your car, then stay inside.



LIMIT YOUR TIME OUTSIDE

- If you need to go outside, then wear layers of warm clothing.
- Reduce the risk of a heart attack by avoiding overexertion when shoveling snow.
- Watch for signs of frostbite and hypothermia.



THE SIGNS AND BASIC TREATMENTS FOR FROSTBITE AND HYPOTHERMIA:

FROSTBITE

- **Frostbite** causes loss of feeling and color around the face, fingers, and toes.
- **Signs:** Numbness, white or grayish-yellow skin, firm or waxy skin.
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.



HYPOTHERMIA

- **Hypothermia** is an unusually low body temperature. A temperature below 95 degrees is an emergency.
- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.



 **GET MEDICAL ATTENTION IMMEDIATELY IF YOUR BODY TEMPERATURE IS BELOW 95°!**

LEARN MORE AT THE FOLLOWING:

- <https://www.weather.gov/safety/winter>
- <https://www.benefits.gov/benefit/623>
- <https://www.ready.gov/winter-weather-safety-social-media-toolkit>
- https://www.ready.gov/sites/default/files/2020-11/winter-storm_information-sheet.pdf
- <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/winter-storm.html>